

I NOMINATE DEBBIE FORD

Author, educator, creator of The Shadow Process, and founder of the Ford Institute for Integrative Coaching at John F. Kennedy University, Debbie Ford has been at the forefront of the personal transformation movement for over 15 years. Her commitment to helping others led her to create the Ford Institute where women are educated and inspired to take control of their lives. Through Debbie's professional trainings, seminars, weekly radio program, and five books (including her most recent renowned work, *The Best Year of Your Life*), millions have learned the skills they need to make peace with their inner struggles and achieve the lives that they deserve.



Dear Debbie,
I first met you through your words, and then in person. A friend of mine recommended I read your book *The Dark Side of the Light Chasers*, and as I was reading it, I thought this woman is a sister to be sure. So much of the subject matter in my songs have had to do with the often bumpy, but always colorful journey toward wholeness, and I've always aspired to love and sing about as many aspects of myself as I can. While reading your book, I felt understood and companioned on my journey, and propelled to a whole other level of healing. I am grateful to you for rendering the concept of the shadow both clear and accessible to anyone who is courageous enough to dive in. You are also an incredibly powerful and clear public speaker, all in all, a badass. I feel blessed to know you.



Alanis

L'ORÉAL
PARIS

Debbie Ford's look by L'Oréal: Infallible Never Fail Makeup in Sun Beige, Endless Kissable Shinewear in Wine and Dine

Shoes, Jean-Michel Cazabat; vintage earrings available at Lola's Boutique in Brooklyn, NY; dress, Martin Grant